

FYBAMMC/SEM II/REG/Foundation of Behavioural Skills

Marks:30

Time: 1 hr.

Note:

1. Draw neat diagrams wherever necessary.
2. Figures to the right indicate full marks.
3. Write any **THREE** questions from the following
4. Each question carries **10 Marks**.

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| Q.1 | What are Life Skills? Enlist the Life Skills required by Professionals. | [10] |
| Q.2 | What is Stress? List down the different Types of Stress. | [10] |
| Q.3 | What is the role of Creativity in Problem Solving? | [10] |
| Q.4 | List down the different Thought Provoking Issues of recent times. Why do we need values in our daily life? | [10] |
| Q.5 | Elaborate on the 4 A's of Stress Management. | [10] |